



**Weekly guided walks
and information on
improving your
health.**

W A L K I N G

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

What is the Walking Club.....

The Walking Club is a program that promotes community wide walking. The walking club makes exercise accessible, fun and no longer intimidating for all men and women residents regardless of their existing level of fitness. The goal is to build a healthy community. This program is for all ages. This year all walking sessions will be guided by an instructor who will also provide helpful hints and tips to better health. Saturdays are free days where participants walk where they want. During each session, participants will have their walking time and distances recorded in order to earn incentive prizes at the end of the program. Each session will feature information on improving your health. This will provide a great incentive for you to get healthy while walking on predetermined courses throughout Murray City. **You can register anytime for the program.**

Dates: May 19 to August 30
Days: Guided Walks Mondays 6-7 pm & Wednesdays 6-7 pm,
 Guided Walks Tuesday & Thursdays 9-10 am
 Unguided Saturday mornings 9-10:30am
Cost: \$25 per person, (Includes
 T-shirt, Water bottle and Pedometer)
Register: Murray Parks and Recreation 296 East Murray Park Avenue, The Park
 Center 202 East Murray Park Avenue or online at www.mcreg.com with a pin number
 and barcode. These can be obtained by calling the Recreation office at 801 264-2614!

Features of the Walking Club...

- Weekly walks on five predesigned courses with mileage throughout the Murray City Parks system.
- Determine your step stride and how many of your steps constitutes a mile.
- Tips and motivation
- Opportunities to meet new people and social interaction.
- Body measurements to check progress
- Tracking weekly progress.
- Free clinics and seminars geared for improving your health and fitness

Walking Club Registration (one form per person) **296 East Murray Park Avenue, Murray, UT 84107**

Name _____ Phone _____ Adult/Youth (Please circle One)

Address _____ Zip Code _____

If youth, please complete Mother and Father information

Mother's Name _____ Phone _____ Cel Phone _____

Father's Name _____ Phone _____ Cel Phone _____

Email _____

T-Shirt Size: (Please select your size)

___YS ___YM ___YL ___AS ___AM ___AL ___AXL ___AXXL ___AXXXL

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, liability release, and agree to all of their terms and conditions.

Participants/Parent/Guardian Signature _____

Date _____

Date _____ Staff _____
 Amount _____
 CK ___ CC ___ Cash _____